

### Amendments to Claims

This listing of claims will replace all prior versions and listings of claims in the application:

#### Listing of Claims:

5    Claims 1 – 8 (canceled).

Claim 9 (new) A portable wrist rest system for attachment to a wrist of an individual for supporting and elevating the wrist above a work surface when using a computer keyboard and mouse, comprising:

10        a first support member for disposition on the work surface, the first support member composed of a dense foam rubber block and having a generally rectangular shape;

15        a second support member superposed on the first support member and upon which the wrist of the individual rests, the second support member composed of a soft foam block and having a generally rectangular shape coextensive with the generally rectangular shape of the first support member;

20        a wrist strap for insertion between the first and second support members and having opposed wrist portions that extend outwardly therefrom for encompassing the wrist of the individual and attaching the first and second support members to the wrist of the individual;

25        a pliable covering having a color for enclosing the first and second support members and having opposed slots through which the wrist portions of the wrist strap extend; and

the first support member and the second support member having a length of three inches, a width of one and one half inches, and a height of one half of an inch thereby elevating the wrist the appropriate distance above the work surface so that the wrist and the individual's hand are brought into alignment when engaged in the repetitive and continual physical activity of using the computer keyboard and computer mouse while allowing the individual to freely move the wrist and hand with the first and second support members attached to the wrist.

Claim 10 (new) A portable wrist resting pad for attachment to a wrist of an individual for supporting and elevating the wrist above a work surface when using a computer keyboard or a computer mouse, comprising:

a first support member for disposition on the work surface, the first support member having a generally rectangular shape and composed of a dense foam rubber block;

a second support member superposed on the first support member and upon which the wrist of the individual rests, the second support member composed of a soft foam block and having a generally rectangular shape that is coextensive with the rectangular shape of the first support member;

a flexible wrist strap disposed between the first support member and the second support member for securement thereto, the flexible wrist strap having opposed wrist portions that extend outwardly from the first and second support members so that the wrist portions can encompass the wrist of the individual and attach to the wrist of the individual;

the first support member having a density that is greater than the density of the second support member;

a pliable covering having a color for enclosing the first and second support members and having opposed slots through which each wrist portion can extend; and

5 the first support member and the second support member having a length of three inches, a width of one and one half inches, and a height of one half of an inch thereby elevating the wrist the appropriate distance above the work surface for alleviating strain and fatigue to the carpal tunnel of the wrist, and to the wrist, hand and arm of the individual when the individual is engaged in the repetitive and continual physical activity  
10 of using the computer keyboard or the computer mouse with the individual being able to move the wrist, hand and arm with the wrist resting pad remaining attached to the wrist of the individual.

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